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## 1995 UNOPA Professional Growth Committee Workshop, November

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# **The UNOPA Professional Growth Committee**

## **"SENSIBLE DEFENSE" A HANDS-ON-WORKSHOP**

presented by  
**Tory O'Neal**  
Fifth-Degree Black Belt in Judo

Friday, November 10, 1995  
1:30-4:00p.m.

Registration begins at 1:15 p.m.  
Combative Arts Room-Campus Recreation  
City Campus

Limit 40 participants  
Casual Attire (sweats)  
No Jewelry

.....  
Registration Deadline is Monday, November 6, 1995

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**FREE Workshop to UNOPA MEMBERS-Limit 40**

Return bottom portion of this form to:

**Kim Freeman, 271 NCCE, UNL, Lincoln, NE 68583-9100 - 402-472-4681**